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Not-so-sweet history

Coun. Brian Mayes holds up a book outside city hall outlining the history of Canada's treatment of Japanese-Canadians during the Second World War. Mayes will follow up with Transit this week on his plan to include a memorial for the more than 1,000 Japanese-Canadians who spent the internment working at sugar beet farms around Winnipeg. SHANE GIBSON/METRO

Sign your family up

CHILD-CARE BENEFITS

Government extends application deadlines

Eva Wasney
For Metro | Winnipeg

The federal government says it will be extending the deadline for families to apply for the Universal Child Care Benefit until May 15.

Roughly 4,500 families with children in Winnipeg are not registered in the government's database.

Those who are not registered include families who've never received the tax benefit before and newcomers to Canada.

"If you've received the Uni-

versal Child Care Benefit in the past you'll automatically be registered for all the kids to which it applies," said Pierre Poilievre, minister of employment and social development, who was in Winnipeg Friday to announce the extension.

"If any of your children have not benefited from the (program) then they might not be in the database."

Earlier this year, the government expanded the UCCB to include all children under 18.

It also raised the amount families receive to \$2,000 annually for kids under six and \$720 annually for kids six to 17.

The government is promoting the extended deadline on social media and in community spaces.

To register for the UCCB visit Canada.ca/taxsavings.



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IN BRIEF

Winnipeg police ask for help identifying victim

Winnipeg police are asking the public for help after a man was hit by a vehicle late Saturday night.

Police said they were called at about 11:30 p.m. to the area of Inkster Avenue and Bunting Street, where they found a gravely injured man lying on the street unconscious. He remains in critical condition.

The man is white, approximately 18 to 20 years old, about six feet tall with a skinny build and blond hair. Police said he was wearing blue jeans, a black T-shirt with 'Ecko United' on the front in gold and white lettering, black 'DC' running shoes and black ankle socks.

Police said the vehicle will likely have substantial windshield damage.

Anyone with information is asked to call the Central Traffic Unit at 204-986-6271.

METRO

North End machete fight leaves two in hospital

Two men are in hospital after a machete fight in the 200 block of Pritchard Avenue around 1 a.m. Friday.

The men were rushed to hospital, one in critical condition, the other in stable. Police have four people in custody.

There was no word from police about what led to the fight.

METRO



Mayor Brian Bowman and Geoff Patton, acting director of Water and Waste, stand by while Tim Shanks explains the findings of the report into January's E. coli scare. EVA WASNEY/FOR METRO

Winnipeg water safe, external review finds

ADVISORY

January alert likely caused by sample contamination

Officials from the city say an external review has confirmed there was no contamination of the city's drinking water in January.

But the report failed to find

the source of false positive tests of E. coli and coliform that sparked a two-day, citywide boil-water advisory.

Geoff Patton, the city's director of water and waste, says the report by an external consultant has found that the problem likely stemmed from contamination in the way water samples were collected or in the lab that tested the water.

The Manitoba government ordered the external probe and is currently reviewing the 700-

page report.

It was routine testing that turned up what appeared to be very low levels of E. coli and coliform in six of 39 locations in the city's water supply.

Patton says there is no way to be more specific about where the contamination came from — lab or sampling — and the city is working on improvements to its sampling and testing methods.

"All we were able to determine ... is that's basically where

the issue occurred, and we're unable to point conclusively to either process," he told reporters Friday.

The review also couldn't determine whether the problems stemmed from equipment or human error, Patton added.

"There's a number of opportunities for a potential issue to occur. There's a simple touching (of) your eye, touching the edge of a bottle. There are a number of processes."

THE CANADIAN PRESS

SHOAL LAKE

Ferry failure cuts off reserve

A reserve under one of the longest boil-water advisories in Canada has declared a state of emergency after the ferry connecting it to the outside world failed to pass inspection.

The Shoal Lake 40 First Nation was cut off from the mainland a century ago to build an aqueduct, which supplies Winnipeg with fresh water. The reserve, which straddles the Ontario-Manitoba border, has no all-weather road and has been under a boil-water advisory for 17 years.

Chief Erwin Redsky says that without the ferry, people on the man-made island have no way to get groceries, bottled water or immediate medical attention and that normal life on the reserve is virtually impossible.

The reserve has been calling for the construction of an all-weather road — dubbed Freedom Road by residents — for years. The community estimates an all-weather road would cost about \$30 million.

The federal government, Manitoba and the City of Winnipeg have chipped in \$1 million each for a feasibility study, but there are no firm commitments beyond that.

The ferry failed to pass its four-year Transport Canada inspection due to a leaky and rusty hull, said Redsky, who added it's not clear how much it will cost to get the ferry seaworthy again.

THE CANADIAN PRESS

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ESPLANADE RIEL

WOW Hospitality bid chosen for plaza

Winnipeg's public service has chosen a restaurant to fill the empty plaza space on the Esplanade Riel in St. Boniface.

It was announced late Friday that a proposal from WOW Hospitality Concepts Inc. was chosen from eight received in response to an expression of interest issued after former tenant Chez Sophie closed in February.

The new venture, called Mon Ami Louis, would be

open for brunch, lunch and dinner from May 1 to Sept. 30 and then operate as an event centre for the slower winter months.

If approved, WOW Hospitality would invest \$100,000 in improvements with a targeted opening date of mid-July.

WOW Hospitality runs several restaurants in Winnipeg including 529 Wellington, Peasant Cookery and 295 York Restaurant. METRO

ACTIVE TRANSPORTATION

\$330-million plan to go before council

The City of Winnipeg is taking its first steps in a multimillion-dollar plan to improve active transportation routes over the next two decades.

The public service will bring its Pedestrian and Cycling Strategy — developed with input from Winnipeggers to provide a road map for investments into infrastructure and active transportation support programs — to a

city committee for approval next week. The plan is estimated to cost \$330 million over the next 20 years.

Included are plans to expand the bicycle and sidewalk network, add bike parking and end-of-trip facilities for cyclists, develop safe, well-lit routes to school for cyclists and improve pedestrian and cycling crossings. METRO



This year's Pride Winnipeg Festival will show off a more diverse lineup, including Winnipeg band the Help Wanted. CONTRIBUTED

Pride Winnipeg to showcase diversity

EVENTS

Two-day fest features new acts, old faves

Eva Wasney
For Metro | Winnipeg

The 28th annual Pride Winnipeg Festival, at The Forks June 13 and 14, is aiming for better entertainment diversity.

Instead of two days of high-energy dance music, the festival will bring its Pride Coffee House to the big outdoor stage on Saturday afternoon.

"We're giving Saturday its

own identity," said Jonathan Niemczak, president of Pride Winnipeg.

More than 20 musicians and spoken-word poets will perform short sets, and to maintain the coffee-shop vibe, refreshments will be served throughout and the stage will be inverted.

"We've turned the stage inside so folks will actually watch the Coffee House under the red canopy and sit along the bleachers," said Niemczak, "so it will create a more intimate feel."

Pride staples like the Queer Beer Lounge, PrideMart and the family area are returning this year.

Sunday kicks off with the annual rally at the Manitoba Legis-



We're giving Saturday its own identity.

Jonathan Niemczak

lative Building, which dates back to 1987 when Manitoba passed the human-rights bill that included sexual orientation.

"After the bill passed, there was a celebratory march down the Ledge steps to Memorial Park, and so we repeat that every year," said Niemczak.

The parade starts at noon and will be led by Shandi Strong, who was chosen to be

this year's grand marshal for her local transgender rights activism.

Niemczak said they have received close to 25 applications for walking groups and floats, and he expects more people to sign up as the event nears.

Sunday's entertainment will be higher energy, with headliner Tom Goff performing at the Forks along with local acts like Womyn of Pride and We Won the War.

The late-night closing party is happening at the Metropolitan Entertainment Centre from 7 p.m. to 3 a.m.

"Monday sort of becomes the gay stat holiday, because everyone takes it off," said Niemczak.

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Coun. talks Japanese-Canadian connection

INTERMENT

Brian Mayes hopes to have memorial built



Shane Gibson
Metro | Winnipeg

A Winnipeg city councillor wants to use the second phase of bus rapid transit to bring awareness to the city's not-so-well known connection the interment of Japanese-Canadians during the Second World War.

Downtown Development, Heritage and Riverbank Management chair Coun. Brian Mayes (St. Vital) said he'd like to see a memorial marking the more than 1,000 Japanese Canadians who came to work at beet farms around Winnipeg in lieu of living in interment camps at a BRT station planned near the site of the old sugar beet factory in Fort Garry.

"I think mostly they volunteered because life was bad in those camps and they wanted out ... and that became the Japanese-Canadian community here after the war," said Mayes, who's read up on the events in a book detailing the treatment of Japanese-Canadians through the war. "There's a passage in the book that says they were sort of herded into a room like cattle and the farmers picked which ones they wanted."

Japanese-Canadians were given the option to work in Manitoba to fill a labour shortage, according to the book, and while an ad from the era included in the book said the workers were to be paid and provided board, Mayes



Coun. Brian Mayes. SHANE GIBSON/METRO

said the big draw was the fact prisoners were able to stay with their families if they agreed to the scheme.

"Because there's going to be a BRT station right there I thought here's our chance," explained Mayes. "We should have some sort of commemoration."

Mayes first brought up the

idea in council in late 2013, and it was passed onto Transit.

Mayes said it's too soon to say what the memorial will look like, or how much it'll cost.

He'll ask for an update on the plan when the Downtown Development, Heritage and Riverbank Management committee meets Thursday.

Sorry, 10-year-old self, but I don't dig Star Wars anymore



WHAT'S GOOD

Ace Burpee

Today is May the fourth. It may be unofficial, but today is also known as Star Wars day — as in, "May the fourth be with you." And I feel awful saying this, but there is literally nothing on earth that interests me less than Star Wars. Here's why I feel awful about this:

I loved it when I was around 10 years old. Now, it's not uncommon for interests to fade over time, but I haven't sold out my 10-year-old self in any other way I can think of aside

from Star Wars.

When I was a kid I loved every single sport. Still do. When I was a kid, I thought dandelions were awesome. Still do. My feelings about dogs, fishing, skateboarding, the outdoors, Manitoba, my family ... everything made it to adulthood. Even stuff I'm not into anymore per se, I still dig. As in, I don't listen to much Corey Hart anymore, but I still like the songs.

Star Wars? I feel nothing. I remember I had exactly two action figures: Greedo and Boba Fett. I was quite certain at the time that these were the two greatest things I would ever own. I have no desire to

find them. Baffling.

There is a new Star Wars trailer that I haven't watched, yet I've watched the Magic Mike 2 trailer.

I think this bugs me because there's all kinds of awesome about something you were super into as a kid still being as relevant as ever.

I'm sorry, 10-year-old self. I bailed on you on Star Wars. Everything else I'm still with you.

May the fourth be with you, and never let it die.

Ace Burpee is a writer, radio show host, producer and supporter of all things good.

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Alberta PCs' 44 years of dominance under threat

ELECTIONS

Unpopular budget sinking PC ship while NDP surge

Alberta voters deliver their verdict Tuesday in an election campaign born out of faith, now climaxing in fear.

It was supposed to be a 28-day victory lap for Premier Jim Prentice, who called the election a year earlier than mandated by law with 70 of the 87 legislature members in his Progressive Conservative tent.

But campaign polls have the Tories in a three-way dogfight, their four-decade dynasty threatened by the rival Wildrose on the right and the surging

+ NDP RISING

Political analysts say:

Win or lose, Notley has been the story of the campaign.

The NDP won just four seats and 10 per cent of the popular vote in the last election. Under Notley, the polls suggest the New Democrats could dominate Edmonton this time around and even make a breakthrough in the Tory fortress that is Calgary. **THE CANADIAN PRESS**



Alberta PC Leader Jim Prentice takes part in a Sunday service at a Gurdwara, during a campaign stop in Edmonton on Sunday.

JASON FRANSON/THE CANADIAN PRESS

NDP to the left.

Political analysts say if Prentice wins a majority government it will not be because of his campaign, but despite it.

"It really has become a campaign plagued by gaffes and process stories rather than vision and platform," says Bob Murray, vice-president of research at the Frontier Centre for Public Policy.

Prentice called the election

last month to gain a mandate on his proposed budget, which he called a paradigm-altering, 10-year blueprint to diversify revenue and lessen dependence on volatile oil royalties.

It hiked dozens of taxes and fees while freezing or cutting spending across government and running up debt for infrastructure that will hit \$30-billion by the end of the decade.

On campaign doorsteps, the budget galvanized the Opposition Wildrose party and its new leader Brian Jean, who criticized Prentice for not cutting deep enough while hiking taxes.

And it galvanized the NDP party and Leader Rachel Notley, who criticized Prentice for cutting too deep while hiking taxes.

"It was a budget that had

something for everybody to hate," says Lori Williams, a policy-studies professor with Mount Royal University in Calgary.

"Even though it has some very good elements and was good for working families, I think the number of increases in fees and the cuts made it a pretty unpopular budget."

THE CANADIAN PRESS

SEVERE WEATHER

Pilots fly into eye of storm

Maj. Ivan Deroche is from a family of military pilots but he has taken his career in a unique direction — straight into the eye of a hurricane.

"Most pilots turn the other way and don't go through the nasty weather," said Deroche.

"That's our job."

Deroche is a hurricane hunter with the 53rd Weather Reconnaissance Squadron of the U.S. Air Force Reserve, based in Biloxi, Miss.

The pilot and his fellow crew members were in Halifax on Sunday for the only Canadian stop on an awareness tour ahead of this year's hurricane season.

Standing on the tarmac alongside a beast of a WC-130J aircraft, fitted with specialized meteorological equipment, Deroche explained how his job takes him to the centre of a hurricane.

"We fly right through the middle of the storm. We don't go around the periphery or go over it or above it. We go right through the middle," he said.

"That's how we get the real-time data."

That data is crucial to helping Canadians prepare for dangerous weather, said Steve Miller, manager of Environment Canada's Atlantic Storm Prediction Centre in Halifax.

Miller says that while satellite imagery is useful, you can learn much more about a hurricane by sending a plane straight into it.

"When it flies right into the eye of the storm, it measures the pressure and it knows exactly where the centre of that storm is."

THE CANADIAN PRESS

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ALBERTA

Feds to seek stay of bail for Omar Khadr

The federal government is planning to seek an emergency stay of an Alberta judge's decision to grant former Guantanamo Bay prisoner Omar Khadr bail, The Canadian Press has learned.

The application, expected to be heard Tuesday before the province's Court of Appeal, would come just hours before another court hearing scheduled to decide on his release conditions.

"The Harper government is not interested in the rule of law," Dennis Edney, one of Khadr's lawyers, said in response.

"It refuses to listen to what the courts have said about Omar Khadr's rights. It continues to spend millions of taxpayers' dollars only to lose time and time again."

The government did not

“
The Harper government is not interested in the rule of law.

Dennis Edney, lawyer for Omar Khadr

respond to requests for comment.

On April 24, Court of Queen's Bench Justice June Ross decided that Khadr, 28, should be released while he appeals his conviction for war crimes in the United States.

Ross made it clear — and government lawyers didn't object — that the Toronto-born Khadr has been a model prisoner who poses little risk to the public and should be allowed out. THE CANADIAN PRESS

OCT. 19

Byelections set for unusual day

Elections Canada has announced three federal byelections to fill vacant seats in the House of Commons — but the date set is the same for the next expected general federal election.

A statement by Elections Canada on Sunday afternoon said it issued three writs for a trio of Oct. 19 byelections to be held in the ridings of Ottawa West-Nepean, Peterborough and Sudbury.

Former foreign-affairs minister John Baird left Ottawa West-Nepean vacant with his resignation from Parliament in March.

Peterborough is vacant because former Conservative MP Dean Del Mastro was found

guilty last fall of violating the Canada Elections Act.

Former New Democrat MP Glenn Thibeault resigned his Sudbury seat in January to join the Ontario Liberals.

Under electoral law, a byelection must be called within 180 days of the Chief Electoral Officer receiving notice of a vacant seat in the Commons.

In the case of Del Mastro's riding, that 180-day deadline was coming up on Wednesday. Del Mastro's seat was formally vacated on Nov. 7. The deadlines for byelection calls in Baird's and Thibeault's ridings are in September and July respectively.

A spokesperson for Elections Canada was not available Sunday. THE CANADIAN PRESS



Prime Minister Stephen Harper addresses the troops at Camp Patrice Vincent in Kuwait on Sunday. Chief of defence staff Gen. Tom Lawson said the death of a Canadian soldier in Iraq may have been due to fatigue of peshmerga fighters. THE CANADIAN PRESS

Fatigue likely factor in friendly fire: Lawson

MILITARY

Canadian soldier killed by Kurdish fighters in Iraq

Canadian special-forces trainers will likely be advised to stay away from the front in northern Iraq after major Kurdish operations, as it appears battle fatigue among peshmerga fighters was the likely cause of last month's friendly fire incident, the country's top military commander said Sunday.

Gen. Tom Lawson, the chief of defence staff, made the remarks following a speech by Prime Minister Stephen Harper at the fighter base in Kuwait,

which launches many of the U.S.-led coalition's attacks on the Islamic State of Iraq and the Levant (ISIL).

Sgt. Andrew Doiron was gunned down accidentally on March 6, at night, near an observation post along the front lines west of Erbil, in northern Iraq. The Harper government hasn't been briefed on the contents of three separate investigations into the tragedy, but that will happen soon, possibly within a month, Lawson said.

Recommendations will also be made to prevent a repeat of the shooting, which has been described as a case of mistaken identity when the elite Canadian trainers stopped to check on an isolated Kurdish unit.

"What we have to mitigate is

+ TOUR ENDS

Harper left the Middle East Sunday for the 70th anniversary celebration of the end of the Second World War in the Netherlands. He faced persistent questions about Sgt. Doiron's death — something the prime minister said he hoped wouldn't detract from the peshmerga's reputation for halting ISIL in its tracks.

things like fatigue," Lawson said, suggesting that special forces would avoid areas where there had been recent battles.

When asked if the weariness among the under-trained fighters was a factor, the defence chief

said: "I think we'll see the fatigue of the soldiers who were at the front, the peshmerga at the front, would have played a part."

The Kurdish forces had fought a series of pitched battles with extremists in the days leading up to the tragedy.

Canadian military officials, who were not authorized to speak publicly, suggested that visits to the front by trainers have ceased since the accident, which Lawson would not confirm.

Whether any peshmerga fighters face punishment is an open question. And in a sign of how far the force is willing to go to appease its new mentors, Lawson says local commanders have said that the Kurds' investigation will be based on the Canadian investigation. THE CANADIAN PRESS



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EARTHQUAKE

Nepalese authorities close main airport

Runway damage forced Nepalese authorities to close the main airport Sunday to large aircraft delivering aid to millions of people following the massive earthquake, but UN officials said the overall logistics situation was improving.

The death toll climbed to 7,250, including six foreigners and 45 Nepalese found over the weekend on a popular trekking route, said government administrator Gautam Rimal. Nepal's Tourist Police reported that a total of 57 foreigners have been killed in the April 25 quake and 109 are still missing, including 12 Russians and nine Americans.

The main runway was temporarily closed to big planes because of damage. It was built to handle only medium-size jetliners, not the large military and cargo planes that

OTTAWA

An Ottawa woman who was trekking with friends in Nepal when the magnitude-7.8 earthquake struck last Saturday has returned home safely. Faye Kennedy, 32, was travelling through Langtang National Park to the north of the Kathmandu Valley and was not heard from by her family for days after the quake.

have been flying in aid supplies, food, medicines and rescue and humanitarian workers, said Birendra Shrestha, the manager of Tribhuvan International Airport, located on the outskirts of Kathmandu.

THE ASSOCIATED PRESS

TEXAS

3 shot near contest for Prophet cartoon: Officer

A provocative contest for cartoon depictions of the Prophet Muhammad in a Dallas suburb was put on lockdown Sunday night and attendees were being evacuated after authorities reported a shooting outside the building.

An officer dressed in SWAT gear took the stage toward the end of the event at the Curtis Culwell Center in Garland and told attendees, including an Associated Press reporter, that a shooting had occurred. He said one officer and two suspects were shot.

It wasn't immediately clear if the shooting was related to the event. Police spokesman Joe Harn declined to confirm the SWAT officer's statements and

said he had no details.

About 75 attendees were taken to another room. Later, a group of 48 people were escorted to a school bus. Authorities told attendees they would be taken to a nearby high school. A second group was set to be moved shortly after.

Johnny Roby of Oklahoma City, Okla., was attending the conference. He told the Associated Press he was outside when he heard about 20 shots that appeared to be coming from the direction of a car passing by.

Roby said he then heard two single shots.

He said he heard officers yell that they had the car before he was sent inside the building.

THE ASSOCIATED PRESS

IN BRIEF

Angolan opposition, police at odds over number killed in raid on religious sect

Angolan police and opposition politicians are at odds over the exact number of people killed in a raid on a religious sect that believes the world will end in 2015.

Angola's main opposition party, UNITA, has accused the police of killing 1,080 people when they raided the Seventh Day Light of the World Church in central Huambo province on April 16. Police say the number of fatalities is much lower, reporting that 13 civilians and nine policemen were killed during a raid that led to the

arrest of the sect's leader, Jose Julino Kalupeteka.

THE ASSOCIATED PRESS

Baltimore mayor lifts citywide curfew

Six days after the death of Freddie Gray sparked riots in Baltimore, the city's mayor lifted a citywide curfew on Sunday morning, signalling an end to the extraordinary measures taken to ensure public safety amid an outcry over police practices. Protests since Monday's riots have been peaceful, and Friday's announcement of charges against six officers involved in Gray's arrest eased tensions. THE ASSOCIATED PRESS



A doctor examines a child rescued by Nigerian soldiers from Boko Haram extremists at a refugee camp in Yola, Nigeria, Sunday.

SUNDAY ALAMBA/THE ASSOCIATED PRESS

Boko Haram stones girls ahead of rescue

NIGERIA

Military says it freed 700 captives in the past week

Boko Haram fighters stoned some of their captives to death as Nigeria's military approached to rescue the women, survivors told The Associated Press on Sunday.

Several women died when they were mistakenly crushed by a Nigerian military armoured car.

And three were blown up by a land mine as they were walking to freedom.

These tragic stories come from girls and women brought to a refugee camp, still finding it hard

to believe they are safe, some after more than a year in the hands of Nigeria's homegrown Islamic extremists.

Lami Musa, 27, and her five-day-old baby girl are among 275 children, girls and women who were getting medical care and being registered Sunday on their first day out of Nigeria's war zone.

Musa was in the first group to be transported by road over three days to the safety of Malkohi refugee camp, a dust-blown deserted school set among baobab trees on the outskirts of Yola, the capital of northeastern Adamawa state.

Musa had just given birth to her yet-to-be-named babe last week when the crackle of gunfire hinted rescuers might be nearby.

"Boko Haram came and told us they were moving out and

We just have to give praise to God that we are alive, those of us who have survived.

Lami Musa, 27, as she cradled her five-day-old baby girl

said that we should run away with them. But we said no," she explained from a bed in the camp clinic.

"Then they started stoning us. I held my baby to my stomach and doubled over to protect her."

She and another survivor of the stoning, Salamatul Bulama, said several girls and women

were killed but they do not know exactly how many.

The horrors did not end once the military arrived. A group of women were hiding under some bushes. They could not be seen by the soldiers in an armoured personnel carrier who drove right over them.

"I think those killed there were about 10," said Bulama.

Other women died from stray bullets, she said, naming three she knew.

At the camp, 21 girls and women with bullet wounds and fractured limbs were taken to the city hospital after they arrived Saturday evening.

The women and children were rescued by the military from the Sambisa Forest, the last stronghold of the Islamic extremists.

THE ASSOCIATED PRESS

CAPITAL PUNISHMENT

Death sentences on the decline in U.S.

A prosecutor's decision not to seek a death penalty for the man accused of abducting and killing a British-born University of Virginia student is emblematic of capital punishment's decline across America and in the state that once operated one of the busiest execution chambers in the U.S.

Virginia has sent only six people to death row in the last nine years after sending 40 over the previous eight years, according to statistics compiled by the Death Penalty Infor-

mation Center, a Washington-based advocacy group that opposes capital punishment. As a result, the state only has eight inmates awaiting execution — down from a high of 57 in 1995.

Experts say public opinion about the death penalty is shifting, partly because more than 150 people sentenced to die have been exonerated.

"That has shaken the confidence of jurors and the public, so they are willing to convict people but not sentence them to death as much," said Richard

Dieter, executive director of the Death Penalty Information Center. Dieter noted in a recent report that national Gallup polls show support for the death penalty has tumbled from 80 per cent in 1994 to 63 per cent. Meanwhile, death sentences nationally have declined from a peak of 315 in 1996 to 72 last year. Even Texas, by far the execution leader with 524 since 1976, has seen death sentences dwindle to fewer than a dozen a year after peaking at 43 in 1994.

In Virginia, Jesse Matthew Jr. is charged with first-degree murder in the death of 18-year-old student Hannah Graham, who moved to Virginia from Britain as a young child. He is also charged with abduction with intent to defile, which is the first of 15 offences listed in state law that can elevate a murder count to capital murder. Albemarle County's chief prosecutor has declined to say specifically why Matthew was not charged with capital murder. THE ASSOCIATED PRESS

MEDITERRANEAN

Illegal migrants rescued from sea

Italian Coast Guard and commercial vessels came to the rescue of at least 16 boats of migrants Sunday, saving hundreds of them and recovering 10 bodies off Libya's coast, as smugglers took advantage of calm seas to send packed vessels across the Mediterranean.

The Italian Coast Guard said the bodies were found in three separate rescue operations off Libya's coast.

Sunday's drama at sea came a day after 3,690 migrants were saved from smugglers' boats. Most of those migrants were still being taken to southern Italian ports even as the fresh rescues were taking place.

The soaring numbers sparked the latest round of calls from far-right politicians in Europe for drastic action to stop migrants from reaching European shores.

Far-right National Front leader Marine Le Pen said France should send migrants back across the Mediterranean Sea.

A French patrol boat on Saturday rescued 217 migrants from three rubber dinghies and detained two suspected smugglers before all were turned over to Italian authorities.

Criticizing European immigration policy, Le Pen said on Europe-1 radio Sunday that France should send migrants back to their port of departure so "traffickers know that no migrant will come ashore on our coasts."

Italy and humanitarian officials have been warning for weeks that the smugglers' boats would continue to head toward Italian shores unabated, and that spells of mild weather and calm seas could see spikes in the arrivals.

THE ASSOCIATED PRESS

Saudi-led coalition lands troops amid airstrikes

YEMEN

Arab forces on recon mission, officials claim

With helicopter gunships hovering overhead, at least 20 troops from a Saudi-led Arab coalition came ashore Sunday in the southern port city of Aden on what military officials called a "reconnaissance" mission, as fighting raged between Iranian-backed Shiite rebels and forces loyal to the nation's exiled president.

It was the first ground landing by coalition forces since the start

of the Saudi-led air campaign against the rebels and their allies — forces loyal to ousted President Ali Abdullah Saleh — who have captured most of the north and marched on southern provinces over the past year.

In Cairo, meanwhile, Egypt — a key coalition member named as a likely participant in any ground offensive in Yemen — acknowledged for the first time that it has deployed troops in the Gulf region and the Red Sea as part of the coalition.

Yemeni military officials said the coalition troops would help train forces loyal to the country's internationally recognized

leader, President Abed Rabbo Mansour Hadi, who has been in exile since he fled Aden in March. They would also try to identify an area that could serve as a "green zone" from which Hadi and his government could operate when they return.

The Western-backed Hadi fled to neighbouring Saudi Arabia in March, just a few weeks after he fled the capital, Sanaa, which was captured by the rebels, known as Houthis, in September.

Saudi officials declined to comment on Sunday's landing. However, military and security officials have repeatedly said a ground operation would fol-

low the Saudi-led air campaign that began on March 26, after the military capabilities of the Houthis and their allies had been sufficiently weakened.

On Sunday, Yemeni officials said streamlining the militiamen fighting the Houthis in Aden was a key step toward establishing a coherent force to which a coalition expedition could lend support.

The coalition troops included black-clad masked men as well as Yemeni expatriates wearing military-style shorts, and landed in a central area between Aden's neighbourhood of al-Mansoura and the airport, said the Yemeni

officials and witnesses reached by The Associated Press inside Aden.

The officials, who include a top army commander based in Aden and loyal to Hadi, spoke on condition of anonymity as they weren't authorized to brief journalists. Residents who witnessed the landing also spoke on condition of anonymity for fear of reprisals.

The troops used at least four vehicles to move around Aden and included Yemenis who had been serving in the armed forces of Gulf Arab members of the coalition and were likely serving as guides, the officials said.

THE ASSOCIATED PRESS



BURUNDI SYMBOLICALLY SILENT Journalists with tape on their mouths gather on Sunday in Bujumbura, Burundi for World Press Freedom Day. In the wake of demonstrations protesting against the move by President Pierre Nkurunziza to seek a third term, the government shut down access to some social networks and closed a private radio station. **JEROME DELAY/THE ASSOCIATED PRESS**

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Insurers warn of Airbnb risks

INSURANCE

Many policies do not cover homes rented to strangers

Airbnb may seem like a fast route to a quick buck for Canadians who own properties in popular travel destinations, but renting out a home to strangers can be perilous.

A Calgary family learned that lesson the hard way last weekend, when their home was trashed amid a "drug-induced orgy" by hard-partying renters and deemed unlikely to be habitable for months due to biohazard concerns. Property damage was assessed at around \$75,000.

While the U.S.-based company is covering the costs, insurance companies are urging those pondering the Airbnb route for this summer, especially in cities like Toronto where an influx of visitors is expected for the Pan Am Games, to slow down and get informed.

A reality check is particularly important because the vast majority of property insurance policies don't bank on people handing over the keys to their homes to complete strangers, Steve Kee of the Insurance Bureau of Canada said in a telephone interview.

"You really need to check with your insurance representative to find out what you're covered for and what some of the risks may be," he said. "Each company may have slightly different ways that they would apply this."

The occupants of a home, Kee added, have to level with their insurance companies about their plans.

There are usually specific coverage options for properties that are known to be available for rent, he said. The policies typically protecting a person's primary residence, however, are based on a vastly different set of assumptions.

"If you have a home policy, you are covered for the fact that you are living there, and from time to time friends and family may come and stay with you," Kee said, adding that



Insurance companies are warning homeowners looking at renting out their premises through Airbnb that regular home insurance policies may not provide coverage. GETTY IMAGES

coverage rules can cease to apply the moment the homeowner vacates the premises and leaves it in the hands of others.

Some industry watchers believe the time is right to start drafting guidelines for a busi-

ness model that, despite the odd bout of bad press, shows no signs of flagging.

Gabor Forgacs, associate professor with Ryerson University's School of Hospitality and Tourism, said companies like Airbnb are founded on a

universally appealing principle — the desire to either make or save money.

People renting their property stand to turn a tidy profit, while consumers taking advantage of their offers often wind up paying far less than

+ REGULATIONS

Quebec looking at taxes

At least one Canadian province has begun mulling the idea of regulating an industry that has up until now been something of a Wild West. The lack of regulations governing the evolving shared rental economy has landed on Quebec's political radar.

Earlier this week, Tourism Minister Dominique Vien said the province wants to make people pay taxes if they rent out their homes or rooms for profit, and subject them to the same regulations as registered hoteliers.

they would through a more traditional arrangement.

"I don't expect any major changes in the business model," Forgacs said. "As long as the economic reasons are there, these business models are sensible to a growing number of people."

THE CANADIAN PRESS



Of all the beverage containers that weren't recycled, how many were yours?

Last year, Manitobans recycled more beverage containers than ever before. Unfortunately, tons of them still ended up in the landfill, not a blue bin. Even a few containers pile up fast, so recycle your empty cans, bottles, cartons, and juice boxes every time.

ENTREPRENEURS

Pint glass saves beer from sun

The boys behind BRU-V are on a mission to save beer, one glass at a time.

You might spot the business and design graduates at beer festivals in Ontario this summer, touting amber pint glasses and wanting to chat about the science behind suds.

Their company, BRU-V, a Toronto startup, is selling UV-protected glasses to keep beer from turning skunky in the summer sun.

When beer is exposed to UV light, it triggers a photochemical reaction that creates 3MBT (3-methylbut-2-ene-1-thiol), a molecule that not only smells like a skunk's odour, but also changes the taste of beer almost instantaneously.

Drinking from UV-protected glasses means the beer tastes "just how the brewmaster designed it," BRU-V co-founder Alan Wood, 27, said.

Wood and his fellow business partners, childhood friend Michael Mavian, 27, and university mate Ian Ritchie, 30, found what they saw as a hole in the market for UV-protected beer glasses in the summer of 2011.

Fast forward four years, and their first shipment of glasses is on sale in bars and gift shops around Toronto. The trio will receive their second batch in



Ian Ritchie, left, and Alan Wood have created what could be a big hit on patios this summer: a glass that keeps beer from being tainted by the sun. COLIN MCCONNELL/TORSTAR NEWS SERVICE

July and plan to sell the glasses for \$15 a pop at upcoming beer festivals, while educating drinkers for the patio season.

BRU-V launched a Kickstarter campaign last June, selling 2,000 UV-protected beer glasses worldwide and raising \$36,000.

When they tried to find a manufacturer to make their product, they claim they were bullied out of the North American glassware market with threats that they would need upwards of \$80,000 to break into the industry.

"They all said we would never get this done, but we were determined, so we turned to China," Wood said.

After lengthy negotiations with a Chinese manufacturer, they received their first full batch of glasses in February of this year.

The amber BRU-V glasses are hand-blown, with a thin bottom and a wide rim. Most important to the founders, they are truly pint sized.

"A lot of love goes into beer. A brewer protects it when they brew it, package it and ship it out, but it all falls apart as soon as you pour it into a clear glass and step outside," Wood said. "This product is about that final leg and beer tasting how it should taste."

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MYMETRO

Neal Leithead, Winnipeg

Where are you going?

Heading to breakfast with friends.

What are you up to today?

It's my day off, so I'm probably going to go for a bike ride later and take a nap.

What is your commuting routine?

I mostly drive during the week, but when I take the bus I always grab a copy of Metro Winnipeg to pass the time.

What place should someone new to the city visit?

In the summer I spend a lot of time at Assiniboine Park.

Correction: In last week's #MyMetro, the age of Heather Gautreau of Halifax was incorrectly published. She is 33. We apologize for the error.

Follow us on Instagram @metronewsca and show us your #MyMetro pose with a copy of our newspaper. We'll re-post you and feature a reader pic from across Canada in this spot every Monday.



ROSEMARY WESTWOOD

metroview

Beyond 'boyfriend': Why it's so hard to label the one you love

I hate the word boyfriend.

It's juvenile. Flippant. It makes me feel 12 years old again. I wouldn't go back there if you offered me a first-class ticket. (And I've never even flown first class.)

For someone who's in love at (almost) 30, boyfriend is a throwback to the boy who gave me a plastic bracelet in Grade 5, the two-week beau in junior high and, later, a nine-year string of monogamous relationships.

Then, there were the six years of dating — hands-down the most linguistically rich of relationship years.

In our anxiety not to put the boyfriend/girlfriend label on every person we grab a drink or a romp in bed with, people in their 20s have devised a dizzying and enviable array of terms for what they're getting up to.

Slampiece. Fling. One and done. Bar hookup. Friends with benefits, f-k buddy, booty call, one-night stand.

Sex and relationship researcher Jocelyn Wentland has found 17 common terms like these. What sounds like cheap slang is actually a sophisticated code, she discovered. Her research shows most people agree on the nuances between friends with benefits, for example, and booty call.

The labels are important ways for people to understand the relationships they're in, she argues; an

elaborate language to reflect the messiness of dating life.

"People are out there fumbling around in the dark," she told me.

The linguistic fun stops when people get committed (bae — short for babe — holds zero creativity). That's despite the fact that the messiness doesn't go away, though it may become more of a private matter.

I've been through that dating quagmire. I've grown, and I've found what I want. De-pressingly, it comes with the same term it had when I was in training bras. And there are no good alternatives.

Hubby sounds like a stuffed toy. Partner is too vague, too politically correct, too businesslike. Significant other has far too many syllables. "My man" sounds like I'm a character in Show Boat (though in private, I'll admit, I say it to him).

The labels don't bother C., the man for whom I can't find the right words.

"You don't like the term, 'The human being I'm currently sharing my life with'?" he joked when I told him he's not my boyfriend. Finding the right label is only part of our "pitiful attempt to understand these deep things," he said. Even so, as we chatted, he came around to the right diction, despite himself.

"My love is the only word," he said. "Everything else is just dressing."

Humdrum budget won't quench thirst for change

INSIDE THE PERIMETER

Shannon VanRaes



Knowing exactly where you might be a year down the road can be difficult, but there are always exceptions.

For instance, I know that on April 19, 2016 I'll be at a local school trying to ignore a chirping cricket terrarium as I exercise my right to vote. Members of our current NDP government know they will be door knocking for their jobs, and last week's provincial budget showed it.

Sticking to the theme of steady growth and good jobs — with an emphasis on the word steady — the NDP are using the same strategy they used in 2011: positioning themselves as the don't-rock-the-boat, safe choice.

Sure, the NDP caucus is divided, and yes, new minis-

ters are inexperienced, but they will want Manitobans to know they won't fire nurses or teachers, and that if left to their own devices, the Tories would flush every toilet in the city directly into Lake Winnipeg.

By the time the election ads hit the airwaves, their rhetoric will be cleaned up a bit, but you get the picture. The NDP won't cut frontline services, even if it means ever-increasing deficits and debt.

That might have been enough to win the last election, but it's not enough to win in 2016. With the party divided, loyalty shaky and staff leaving, the NDP needs to show voters it can still find creative, new, critical strategies to tackle old problems if they want another term.

Budget 2015 didn't demonstrate that. The biggest piece missing is middle ground: It's either deficits or cuts — there

is nothing in between. Voters might want to ask themselves whatever happened to innovation and new ideas.

No doubt deficits are sometimes needed, and whatever the actual meaning of the nebulously termed "frontline" staff, cutting positions does have a negative impact on service. But sometimes cuts must be made and efficiencies found — and that requires fresh policies and strong leadership.

Current Finance Minister Greg Dewar has fallen short in that area, but that might be because the exact expertise that brought him to the position remains unclear. One could imagine under the circumstances the job listing read: Successful candidate must be a sitting MLA without obvious history of treachery. Financial experience is an asset, but not necessary.

Dewar was first elected as

representative for Selkirk in 1990, serving nearly a decade in opposition before Gary Doer ushered the NDP into office in 1999. His talents weren't called upon till last fall's internal revolt caused a serious shortage of cabinet ministers.

Given the finance minister's performance following the release of the 2015 budget and his inability to answer questions without resorting to incongruous, awkward stock lines, his long exclusion from cabinet comes into focus.

Maybe there's a rabbit in the hat yet, but Manitobans are looking for change, and if the NDP doesn't offer it, they will find a party that does.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and nights covering urban affairs.

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After college, McHale is a standup kind of guy

COMEDY

Community star Joel McHale takes his snark for a solo spin



Jennifer Friesen
Metro | Calgary

Fresh out of the gate after filming the final season of *Community*, Joel McHale is making his way through the prairies for a solo standup comedy tour.

Despite being most well-known for his role as a college study group's devilishly suave ringleader in *Community*, McHale has been around the comedy scene for years.

He joined *The Soup* as host in 2004, doling out a pop-culture

recap for the week, but with a comic spin.

When asked about his first foray into standup nine years ago, McHale laughed and said he was "a terrible comic."

He started off hosting comedy shows, dropping a few jokes in between his friend's sets, but after about six months, he had enough for his own set and took up his first time slot in Santa Monica.

"Standup is a completely different beast," he said. "It's very fun and exhilarating, sometimes terrifying and demoralizing, and sometimes incredibly rewarding."

Ever since *Community* ended, McHale said he's been out every week flexing his standup muscles at different clubs.

Now, after two months of gearing up, he said he's ready to fly back into the game headfirst.

"It's like getting ready for a season of some sport, where you have to work at it and get



Standup is a completely different beast. It's very fun and exhilarating, sometimes terrifying and demoralizing, and sometimes incredibly rewarding. Joel McHale



EVER GREENDALE

Spirit of cult series lives on

As far as future plans go, McHale said there are no plans for Season 7 of *Community*, but the possibility of the show making a comeback and "talk of a movie," are still lingering.

"I know Yahoo wants to do it, and I would love to do it, so we'll see," he said.



The cast of *Community*.

into shape," he said.

But despite any lingering nerves, the comedian said after hosting the White House Correspondents' dinner last year, he doesn't know if he'll ever really be nervous again.

"I mean, after that, I feel like I could disarm a bomb," he laughed. "I don't know if I'd say I get nervous, I do get very excited."

McHale is known for his witty straight-faced snark while picking apart the latest endeavours in pop culture. He said parents told him he was always trying to get a laugh when he was young, but he said that the roots of his sense of humour come from a place of "fear and panic."

"I wanted to be an actor

very early on in my life," he said. "And I kept thinking 'I'm going to do this until I have to get a real job.' And I've had to get real jobs here and there when I was growing up, and when I was in my 20s, but I've been insanely blessed that I get to work in the field that I work in. I get to do what I love."



TOUR STOPS

Two Canadian shows

McHale will take the stage in Calgary on May 8 at the Southern Alberta Jubilee Auditorium before finishing up the trip in Winnipeg on May 9, performing at the Burton Cummings Theatre.



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Beyoncé Elizabeth Alice Princess
Olivia Alexandra Claire the Spare George
Victoria Camilla Charlotte Diana #RoyalBaby Daenerys

NEWBORN PRINCESS

What will the royal couple name their latest addition?

Princess Charlotte has a certain ring to it. Or how about Princess Alice?

Britain's newborn princess, the second child of Prince William and the Duchess of Cambridge, has spent her first night at home in London's Kensington Palace, but the guessing game continued Sunday over what her name will be.

When the baby's older brother, Prince George, was born in 2013, the royal couple took two days to reveal his name, waiting until after Queen Eliza-

beth II had met her new great-grandson.

Meanwhile, Britain's legal bookmakers have been busy taking in thousands of bets for the baby's name. For weeks, they have been saying that Alice is the clear favourite. But in recent days Charlotte, the feminine form of Charles, has become the frontrunner.

Other top possibilities included Olivia, Victoria, Elizabeth, Alexandra and Diana, the name of William's late mother.

The newborn may herald a new generation in the monarchy, but it is customary for royals to look to their past for name ideas. The repetition of names in each generation is at least partly an effort to preserve the continuity of one of the world's oldest institutions.

THE ASSOCIATED PRESS

GUESSING GAME



Ned Ehrbar
In Hollywood

Let's make up names!

We're living in that glorious heady and fleeting time the little princess could be called anything. And you know what that means: Time for some baseless speculation! Sure, the odds-makers over in Great Britain are heavily favouring either Charlotte or Alice, and a lot of sentimental folks are hoping for Diana, but we have some sugges-

tions of our own for Will and Kate to consider. We hereby theoretically dub the latest addition to the royal family Princess ...

1. Beyoncé
2. Daenerys
3. Kate Jr.
4. Claire the Spare
5. Camilla
6. George
7. Princess
8. No, really, Daenerys
9. #RoyalBaby
10. Ultron

OK, fine. What do you think the new princess should be named?
scene@metronews.ca

TROUBLE

Bruce Jenner faces wrongful death suit

While he's been riding high after his big Diane Sawyer interview about being transgender, Bruce Jenner still has that Malibu car accident back in February to deal with. The former Olympian and reality TV star is facing a wrongful death suit by the adult stepchildren of the woman who died in the accident after Jenner rear-ended her, claiming that Jenner was "careless and negligent," according to Radar Online. He's also still facing potential vehicular manslaughter charges.

NED EHRBAR/METRO

Streisand's dog bit flight attendant

Barbra Streisand's prize Coton de Tulear, Samantha, reportedly sunk her teeth into a flight attendant during a recent trip from New York to Washington, D.C., requiring several stitches, according to Page Six. Streisand, for her part, was "horrified" about the incident. "Barbra apologized profusely to the flight attendant," a rep for the singer says.

NED EHRBAR/METRO

EVA LONGORIA

Spice Girls reunite with a Scary sub-in

Victoria "Posh Spice" Beckham marked husband David Beckham's 40th birthday bash in Morocco with a Twitter photo from Marrakech featuring herself, Geri "Ginger Spice" Halliwell, Emma "Baby Spice" Bunton, Melanie "Sporty Spice" Chisholm and ... Eva Longoria? The original Scary Spice, Mel B, was apparently unable to make it to the party due to America's Got Talent obligations. NED EHRBAR/METRO



The Spice Girls, minus Scary, plus Eva Longoria.
[@VICTORIABECKHAM/TWITTER](https://twitter.com/victoriabeckham)

MAY THE FOURTH

Trank probably not observing Star Wars Day

It's May 4, adorably known as Star Wars Day — "May the fourth be with you," get it? — but all is not sunny and celebratory in the galaxy far, far away.

Director Josh Trank announced over the weekend that he had "made a personal decision" to step down from helming a 2018 Star Wars spin-off film, but the move comes after months of rumours about his "erratic" behaviour while directing this summer's Fantastic Four reboot.

Sources say Simon Kinberg, producer of both Fantastic Four and the in-development Star



Director Josh Trank
GETTY IMAGES

Wars film, reported back to Lucasfilm about Trank's troubling behaviour, leading to the split. So ... happy Star Wars Day?

NED EHRBAR/METRO

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The downward spiral of debt

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MONEY MATTERS

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Stop spending money you haven't earned yet.

When you charge something on your credit card and don't pay your balance off in full at the end of the month, you're spending money you haven't earned yet. And it's only a matter of time before all those minimum payments end up squeezing your cash flow.

You can't afford to pay cash for that couch or vacation now, but you'll be able to at some future date? Gosh, how can you be so sure your future will bring more money to let you cope with your bills and the spending you did in previous months or years?

Canadians are carrying record levels of debt on our lines of credit, our credit cards, and loans. Why? Simple: We've forgotten how to live within our means. We're ricocheting out of control, spending money we've yet to earn. We're buying stuff we think we need, when all we're doing, really, is scratching our consumer itch.

Know the red flags

The fact that we can't seem to get to the end of the month before we get to the end of the money should be our first clue.

Are the balances on your credit cards or lines of credit rising? Yes. Then you're living beyond your means. Paying only the minimum on your

credit cards or lines of credit while you continue to increase the balance you owe is a sure sign you're on a downward spiral.

When, exactly, are you going to have the money to finally get rid of the debt? Is some magical wand-waving fairy god-mother going to pop into your world and whoosh away your debt? Or do you figure that a windfall is in your future? Hey, WAKE UP! If you have a \$5,000 credit card balance at 18.9 per cent and make a minimum payment of just 2.5 per cent per month, you'll end up forking over almost \$8,000 in interest over the 25 years it takes you to pay off the balance.

Are your cards maxed out leaving you worried that they're going to get declined? Then you're living beyond your means. You don't think being in debt is worse than the embarrassment you'll suffer? Good lord, wake up!

Are you constantly in overdraft? Yes. Then you're living beyond

your means. Overdraft protection is meant to provide you with a safety net in case something goes wrong. It's not meant as money you have to spend every month. If you dip into overdraft for more than two days a month, you're developing a bad, and very



Overdraft protection is meant to provide you with a safety net in case something goes wrong. It's not meant as money you have to spend every month.

costly, habit.

Are you missing payments on bills? Then you're living beyond your means. This is a sure way to ruin your credit rating and increase your interest costs.

If you don't have a handle on

tricity bill, but you don't have to have premium cable (or any cable for that matter.) Okay, now deduct your have-to-pay amounts from your monthly income in order of importance. When you run out of money, cancel everything else.

Are you borrowing money from family and friends? Then you're living beyond your means. Seriously, what makes you think you have the right to spend all of your money, and then start spending the money other people have worked hard to make? Grow up!

Are you taking cash advances on your credit cards or using services like pay-advance stores? Yes. Then you're living beyond your means. Cash advances, applying for new cards so you can transfer balances and heading to a pay-advance store are all signs that you're in big trouble.

Change your mindset

I know you've found it easy to get credit. Lenders have been throwing credit at us for years and it's been so easy to say yes. I know it's nice to have what you want when you want it. I know everyone else is using credit like it's disposable income.

But just because all the people you know are walking along the edge of a precipice doesn't mean you should follow them. If you've been walking in lockstep with a bunch of fools who can't control their spending to the point that they put themselves and their families at risk, then it's time to change your pace, and maybe the company you keep.

what your monthly bills are, and what it'll take in income to keep current, then it's time to get with the program. Get out all the bills that have to be paid every month and make a list. Rank the bills in order of priority. You have to pay your elec-

ISTOCK



Of all the beverage containers that weren't recycled, how many were yours?

Mental health talk opening up



While the conversation is changing across the country, more needs to be done to remove the stigma regarding mental health. SHUTTERSTOCK

LET'S TALK

Change happening, but we still have a ways to go

JEN TRAPLIN
For Metro

After years of working to decrease stigma, it seems we may finally be making some headway when it comes to opening up the discussion on mental health.

"I think there's been something of a sea change in Canada and internationally over the last few years, in terms of the conversations that we have around mental health," said Dr. Erin Michalek, associate professor in the department of psychiatry at the University of British Columbia.

While some mental illnesses, like depression, seem to be very much on the public agenda, she feels other conditions, like bipolarity and schizophrenia, are still taboo, meaning many could

be suffering in silence.

"If we live in a society, work in a workplace or go to school where mental health conditions are highly stigmatized, people experiencing that are less likely to disclose a diagnosis and one of the consequences of that is they aren't able to get the support," Michalek said.

Dr. Simon Davidson, a child and youth psychiatrist and professor at the University of Ottawa, agrees with Michalek that Canadians are making good progress in destigmatizing mental illness, but that the fight is far from over.

"I do think youth in schools are more likely to feel comfortable talking about mental health," he said. "On the other hand, it just takes one bully and all kinds of re-stigmatization can happen so we still have a long way to go."

Perception is just part of the problem. Davidson said the country is drastically under-resourced when it comes to treating mental health, particularly with children and youth.

"When you compare Stats Canada data, a little more

than three times as many children and youth in the 15 to 24 age range die by suicide than all forms of cancer combined," he said. "If you look at how quickly newly diagnosed cases of cancer get treatment and you compare that to how long the access times are for treatment of mental illness, we can only hope that, in the future, our kids with mental illness get intervention and treatment as quickly as those kids diagnosed with cancer."

CHANGE PERCEPTION

Addressing mental health in Canada

In 2007, the federal government created the Mental Health Commission of Canada (MHCC), whose mandate is to change perceptions of mental illness. The MHCC employs a number of initiatives, including the country's first mental health strategy and working to reduce stigma. For more information on the MHCC, visit mentalhealthcommission.ca.

CMHA'S 64TH ANNUAL MENTAL HEALTH WEEK MAY 4-10, 2015

#GETLOUD

How do you really feel:

fine or phine?

phine
- definition (adjective)
Saying you're fine when you are not.

ONLY ONE-THIRD OF THOSE WHO NEED MENTAL HEALTH SERVICES IN CANADA ACTUALLY RECEIVE THEM.

The mental health, mental illness and addiction issues of all Canadians are important.

Now **GET LOUD** because being **phine** is not **fine**.

There are many ways to **GET LOUD**. Visit MENTALHEALTHWEEK.ca to be inspired, get involved and **GET LOUD**.

Text **GETLOUD** to **20222** to donate or visit MENTALHEALTHWEEK.ca

Social media driving the conversation

JEN TRAPLIN
For Metro

When it comes to breaking down the barriers of discussing mental health, few platforms have been as successful as social media — hashtags like #sicknotweak, #endthestigma and #defeatdepression help fuel the conversation.

One of the most successful online campaigns, though, is Bell Let's Talk Day, which raised more than \$6.1 million this past January.

For every tweet that included the hashtag #BellLetsTalk (as well as phone calls and text messages sent), the company donated five cents to Canadian mental health programs. More importantly, though, it engaged millions to publicly discuss mental illness.

"Social media allows unlimited reach and contact," said Michael Landsberg, host of TSN's Off The Record and spokesperson for Bell Let's Talk. "I have had interactions with strangers on the deepest level. I have given and taken. I believe social media has given me the chance to become a better person through hav-



Michael Landsberg. THE CANADIAN PRESS FILE PHOTO

ing access to those in need."

A few years ago, Landsberg started using the hashtag #sicknotweak in his posts on Twitter, a phrase he often includes in his public speaking engagements. Online, he openly discusses his own battle with depression while

encouraging others to reach out for help.

"I began to realize the enormous power that I have to change people's lives," he said. "But I am not unique — anyone with the desire to share can do what I do. Sharing saves lives, it's that simple."

Lightning leave Habs jilted

NHL PLAYOFFS
Tampa Bay leaves Montreal with 2-0 lead

Tampa Bay struck four times on the power play and star centre Steven Stamkos ended his playoff scoring drought as the Lightning downed the Montreal Canadiens 6-2 in Game 2 of their second-round playoff series on Sunday night.

After winning twice at the Bell Centre, the Lightning take a 2-0 lead in the best-of-seven series back home to Amalie Arena for Game 3 on Wednesday and Game 4 on Thursday.

Nikita Kucherov, with two, Valtteri Filppula and Victor Hedman all scored with a man advantage as Tampa Bay got its first power-play goals since Game 2 of the opening round against Detroit. J.T. Brown added an even-strength goal late in the third period.

Jeff Petry and Tom Gilbert scored for Montreal, which out-shot the Bolts 29-24 but went 0-for-3 on the power play. The Habs are now 1-for-26 with the man advantage in the playoffs.

The Canadiens scored the first goal of a game for only the second time in eight post-season contests when Petry took a pass from Torrey Mitchell and scored on a wrist shot from the blue-line at 7:20. It was Petry's first-career playoff point.

Montreal was in control but then let it slip away with undisciplined penalties, as Bran-



Lightning captain Steven Stamkos scores a second-period goal on Carey Price during Tampa Bay's Game 2 win over the Canadiens in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

don Prust got an extra two minutes for yapping at a referee and then P.K. Subban was sent off for cross-checking. Filppula scored on the power play on a shot from the right circle at 19:36 to tie the game 1-1.

Stamkos used a fortunate bounce to go in on a breakaway and deke Carey Price for a goal 8:06 into the second frame. It was the Lightning captain's first

GAME 2 On Sunday

6

LIGHTNING

2

CANADIENS

goal in nine post-season games this year. He also had two assists.

The Bolts had a 4-on-3 man advantage when Tyler Johnson

slipped a cross-ice pass to Kucherov for a shot into an open side at 12:29. Then, Price had no chance when Hedman finished a back-door play with Alex Kilorn on a power play at 19:46.

Kucherov redirected a Johnson pass inside the post 6:37 into the third to make it 5-1 before Gilbert scored from the point at 11:06 for Montreal.

Brown added his goal at

16:05.

There were sweeps in both previous playoff meetings between the teams, with Tampa Bay winning in four in 2004 and Montreal doing the same last season.

Prust got a game misconduct with 3:55 left for bumping goaltender Ben Bishop, which started a fight with Braden Coburn.

THE CANADIAN PRESS

HOCKEY Canucks dominate Germans at worlds

Taylor Hall and his Canadian teammates are getting used to the bigger international ice at the world hockey championship.

What they could do when they're totally comfortable is scary.

Hall had a hat trick to lead Canada in a 10-0 rout of Germany on Sunday, keeping the Canadians at the top of Group A in the international tournament.

"I think the coaching staff has done a really good job of preparing us for what it's like on this big ice and giving us tips and pointers on what the successful teams do over here," said Hall. "We're trying to incorporate that and I think we're doing a good job."

Cody Eakin had a pair of goals for Canada (2-0), while Aaron Ekblad, Claude Giroux, Tyler Ennis, Sidney Crosby and Matt Duchene also scored.

The Canadian team is made up entirely of NHLers, who are used to playing on standard North American rinks that are 200 feet by 85 feet. International rinks are also 200 feet long, but are significantly wider at 100 feet.

"It was a game where we were able to penetrate a little bit and that's always nice," said Hall. "In this big ice you want to get to the middle of the rink as quick as you can and get shots off."

"I think we're starting to figure out how to play on this ice and it's nice."

Canada earned a 6-1 victory over Latvia on Friday.

THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS



Taylor Hall
MARTIN ROSE/GETTY IMAGES

NBA PLAYOFFS Warriors maul short-handed Grizz

Stephen Curry had 22 points and seven assists, and the Golden State Warriors wore down the undermanned Memphis Grizzlies in a 101-86 victory in Game 1 of the Western Conference semifinals Sunday.

Klay Thompson added 18 points to help the top-seeded Warriors roll to their 21st straight victory at raucous Oracle Arena. They led by nine at the half, 20 late in the third quarter and never let the Grizzlies build any momentum in



Mike Conley
GETTY IMAGES

is still swollen as he continues to recover from surgery to repair broken bones in his face.

THE ASSOCIATED PRESS

the fourth.

Game 2 of the best-of-seven series is Tuesday night in Oakland.

Memphis was missing point guard Mike Conley, whose left eye

IN BRIEF

Beal leads Wiz past Hawks

Bradley Beal shook off a sprained ankle to score 28 points and the Washington Wizards remained unbeaten in the post-season, knocking off the top-seeded Atlanta Hawks 104-98 Sunday in Game 1 of the Eastern Conference semifinals.

Otto Porter scored a couple of big baskets coming down the stretch and Marcin Gortat sealed it with a lay-in off a pass from John Wall with 14.6 seconds remaining. THE ASSOCIATED PRESS

MLB Tribe come back to spoil Jays' big lead

Pinch-hitter Ryan Raburn's tiebreaking, two-run double capped a six-run fifth inning, Jason Kipnis had four hits and the Cleveland Indians overcame a five-run deficit to beat the Toronto Blue Jays 10-7 Sunday.

Kipnis also homered and drove in two runs for the Indians, who trailed 6-1 after a six-run fourth that included Devon Travis' first career grand slam.

Cleveland starter Trevor Bauer allowed six runs, seven

ROAD WEARY

Toronto went 3-7 on its longest scheduled trip this season.

hits and three walks in 4-1/3 innings. Toronto's Drew Hutchison gave up six runs and eight hits in 4-1/3 innings.

Russell Martin hit a solo homer off Cody Allen in the ninth. THE ASSOCIATED PRESS

NFL

Ontario's Bridge out to become a Cowboy

Quarterback Brandon Bridge will attempt to make America's team as an undrafted free agent.

The native of Mississauga, Ont., said Sunday he has agreed to attend the Dallas Cowboys' rookie mini-camp next weekend at Valley Ranch. Bridge added he hasn't signed with the NFL club as of yet.

"I'm very excited about this," Bridge said in a telephone interview. "I'm really looking forward to it."

Veteran Tony Romo is Dallas's starter, with Brandon Weeden and Dustin Vaughan

listed as his backups. It's worth noting Romo signed with the Cowboys as an undrafted free agent out of Eastern Illinois after being bypassed in the 2003 NFL draft.

Bridge became a free agent after being overlooked in this year's draft, which concluded Saturday in Chicago. The six-foot-four 229-pound Bridge was looking to become the first Canadian-born quarterback selected since 2001 when Ottawa's Jesse Palmer went in the fourth round to the New York Giants.

THE CANADIAN PRESS

BPL SOCCER

Chelsea end title drought with ease



Chelsea's Gary Cahill holds a winner's banner to celebrate his team winning the Premier League title. IAN KINGTON/AFP/GETTY IMAGES

The five-year drought is over. Chelsea is Premier League champion again — with three games to spare. Chelsea's players danced around the field after securing the title with a scrappy 1-0 victory over Crystal Palace on Sunday that encapsulated the recent cautious pragmatism of Jose Mourinho's team.

"Today was not a game to enjoy," Mourinho said. "Today was the game to finish the job."

But it was a trophy that was really won in the opening months of the season, with Chelsea having been atop the stand-

ings from the opening week. With only two losses in 35 games, Chelsea was rarely troubled in its pursuit of a fourth league title in 11 seasons — and the fifth in its 110-year history.

"This is unbelievable, we've worked so hard this year to get over the line," captain John Terry said as the blue and white streamers descended on the Stamford Bridge field. Fittingly, the title-winning goal came from Eden Hazard, a week after the Belgium winger was honoured by his fellow pros with the player of the year award. THE ASSOCIATED PRESS



Floyd Mayweather Jr. addresses the media after his unanimous decision victory against Manny Pacquiao. JAMIE SQUIRE/GETTY IMAGES

Floyd still in love with cash, but not boxing

BOXING

Mayweather as candid as ever after points win over Pacquiao

The cheque was for \$100 million, a payday so mind-boggling that Floyd Mayweather Jr. couldn't help but show it to a few reporters when the night was done.

The cheque will soon be cashed, adding to the millions Mayweather already has stashed in his bank accounts. It was actually just a down payment for his night's work, which could total more than \$200 million by the time pay-per-view sales are tallied up.

The richest fight ever wasn't

the best fight ever, but that wasn't entirely Mayweather's fault. He did what he usually does Saturday night in a win against Manny Pacquiao that cemented his legacy as the best of his generation, even if he didn't win any new fans doing it.

Still, the fight will be a tough act to follow if only because of the staggering money it brought in. Hard to imagine Mayweather fighting for a paltry \$30 million or \$40 million after a night he made history with the richest single payday any athlete of any sport has made.

He says he'll fight once more in September, then hang up the gloves. Mayweather says it's time to enjoy the fruits of his labour from a sport that has consumed his life since he was a kid throwing punches in

I don't really think I'll miss the sport.

Floyd Mayweather Jr.

Michigan.

"I don't really think I'll miss the sport," Mayweather said. "I don't even watch boxing. At one time I loved the sport of boxing. I wanted to go to every fight. But I just lost the love for the sport."

Before a well-heeled crowd of 16,507 that cheered every time Pacquiao threw a punch, Mayweather dominated late once again to pull out a decision win that seemed closer in the ring than it did on the scorecards. Pacquiao even thought he won, though punch stats

showed Mayweather landing far more punches and even throwing more than the usually frenetic Filipino.

Pacquiao would blame a shoulder injury for not being able to throw more right hands, though the excuse rang hollow.

"I cannot use a lot of my right hand but the fight was still good," Pacquiao said. "What we wanted to do we couldn't do because of my shoulder. But he's fast, he's a good boxer. Give the credit to him. He won tonight."

Pacquiao's trainer, Freddie Roach, said his fighter would like a rematch, but there is little chance of that. Not with Pacquiao's shoulder injury, and certainly not after the perfect financial storm of a fight that cannot be replicated.

THE ASSOCIATED PRESS

IN BRIEF

Texas ace Darvish staying upbeat during recovery

Yu Darvish is out of a brace and says he is maintaining a positive mindset during his season-long recovery from elbow reconstruction surgery. The Japanese right-hander said Sunday through an interpreter that he wanted to take it slow. There is no timetable for Darvish to start throwing again. The Texas Rangers ace felt tightness in his triceps while warming up for his spring training debut and threw 12 pitches in one inning. THE ASSOCIATED PRESS

Man dead after police clash with Polish football fans

A man died after being hit by a rubber bullet and 14 police officers were injured in clashes that erupted Saturday during a Polish league football match. Supporters of the local Concordia Knurów team stormed onto the pitch during the first half against Ruch Radzionkow, with the home team trailing 4-1. The deceased 27-year-old man was struck by a rubber bullet on the neck when police fired at the attackers. THE ASSOCIATED PRESS

GOLF

Match Play title for comeback king McIlroy

Rory McIlroy didn't need another comeback to win the Match Play Championship.

Three times in the last three days, McIlroy had to rally to reach the championship match Sunday at TPC Harding Park. He removed any suspense by winning four straight holes against Gary Woodland.

Woodland conceded the 16th hole, and McIlroy captured his second World Golf Championship with a 4-and-2 victory. Three weeks after Jordan Spieth won the Mas-

ters and emerged as the most likely rival, McIlroy reminded the world of his No. 1 ranking.

It was the first time since Tiger Woods in 2008 that the No. 1 seed won golf's most unpredictable tournament. Woods did it two other times.

McIlroy was 2 down with two holes to play and risked being eliminated Friday when he rallied against Billy Horschel to win in 20 holes. In a quarterfinal match that spilled into Sunday morning, he was 1 down to Paul Casey

on the 17th hole and wound up beating him in 22 holes.

His strongest play was in the semifinals against Jim Furyk, who put enormous pressure on McIlroy over the closing holes by hitting four straight approach shots close. McIlroy delivered a birdie-birdie-eagle finish to win. Woodland faced an early deficit to Danny Willett of England in the semifinals until he turned it around for a 3-and-2 victory.

McIlroy won for the second time this year and the 16th

time worldwide. It was his 10th PGA Tour victory, joining Woods (24) and Jack Nicklaus (12) as the only players with at least 10 victories at age 25 or younger.

McIlroy turns 26 on Monday. The Match Play Championship featured a new format this year to keep more top players in the field for at least three days. McIlroy was 3-0 in the round-robin format, and wound up winning all seven matches to pick up the \$1.57 million prize.

THE ASSOCIATED PRESS

RECIPE Thai Red Curry Chicken Stir Fry

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman



Ready in

Prep time: 15 minutes
Bake time: 12 minutes
Serving size: 4

Ingredients

- 1 lb boneless chicken breast or thigh, cut into 1-inch cubes
- 3 Tbsp all-purpose flour
- 2 tsp vegetable oil
- 2 Tbsp red curry paste
- 1 Tbsp minced ginger
- 1½ tsp minced garlic
- 1 can light coconut milk
- 1 tsp brown sugar
- 1 Tbsp fish or light soy sauce
- 2 cups snow peas cut in half
- 3 Tbsp chopped cilantro
- ¼ cup toasted chopped cashews (optional)
- 3 cups cooked rice or noodles (optional)

Directions

1. Dust chicken with flour. In large skillet sprayed with vegetable oil, sauté chicken just until browned on the outside, about 3 minutes. Do not cook through. Set chicken aside. Wipe out skillet and add oil.

2. Add curry paste, ginger and garlic and sauté for 2 minutes. Add coconut milk and bring to a simmer on a medium heat. Add sugar, fish sauce and



chicken and simmer for 5 minutes or until meat is cooked and sauce has thickened.

3. Meanwhile in skillet sprayed with vegetable oil, sauté red pepper and snow peas for two minutes just until barely cooked. Add to chicken mixture. Sprinkle with cilantro and nuts if using and serve over top rice or noodles, if using.

Nutritional information per serving

- Calories 273
- Carbohydrates 7.8 g
- Fibre 2.6 g
- Protein 25.1 g
- Fat 10.5 g
- Saturated fat 4.8 g
- Cholesterol 62.6 mg
- Sodium 633 mg

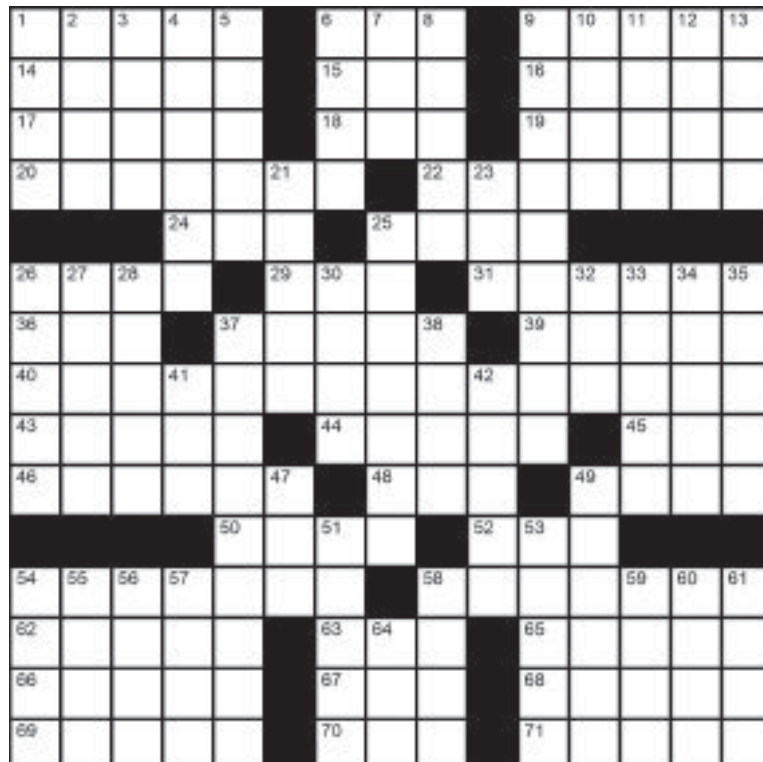
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Capture
6. Rainbow shape
9. Essential parts
14. Having a single element
15. Casper's cry!
16. "Bon voyage!"
17. Barber's razor-sharpener
18. Frigid
19. Relating to a forearm bone
20. #9-Down's co-star Gordon
22. Implement for Emily Carr
24. Victoria's Secret purchase
25. "Song __ Blue" by Neil Diamond
26. Out
29. Hound's healer
31. __ clef
36. Uncooked
37. Persian Gulf land
39. Nebraska city
40. Product by Canadian brand Lantic: 2 wds.
43. Bring together
44. Type of headache
45. Ballpark fig.
46. Synchro swimmer of the silver screen Ms. Williams
48. Poet's creation
49. Dull
50. Tandoor-baked creation
52. Boot bit



54. Lord's land on the manor
58. Underwater earthquake result
62. Spew
63. Plunder
65. Penned
66. Art gallery print, briefly
67. First name in

- music lyrics
68. Matt Lauer's morning show
69. Admit passengers: 2 wds.
70. Make a typo
71. Fishhook line

DOWN

1. Canine tooth part

2. __-inflammatory
3. Mountain lake
4. NHL'er Sidney from Nova Scotia
5. Overly active
6. Slightly: 2 wds.
7. Mythical bird
8. Large rodent of South Amer-

- ica that looks like a beaver
9. Calgary-born actor: 2 wds. ...see #49-Down for more!
10. Loafing
11. Salon shade
12. Put in the microwave
13. Positive

21. Pertaining to military ships
23. Carpenter __
25. Toronto's Union __
26. Fight
27. Notices of danger
28. Expect
30. Airport scr. postings
32. Australian bird
33. Montreal-style __
34. Dog, with Apso
35. Soil
37. Town in southern Ontario near Niagara Falls
38. Divide
41. To the __ degree
42. Vocals-for-two
47. Campaigned
49. Constable __ Fraser (#9-Down's role on "Due South")
51. Cliff nest, variantly
53. Dethrones
54. Big name in computing
55. Famous lake
56. Shania Twain's ex Mr. Lange
57. Canyon sound
58. Ski resort ride
59. __-de-camp
60. Dish
61. Pastoral poem, variantly
64. A famous Bobby

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

Don't worry about today's full moon – if you think positive then all will be well. But be ready for one or two emotional outbursts from people who get easily frustrated with life's little setbacks.

♉ Taurus April 21 - May 21

Strive to be nice to people today, even if they are not always nice to you. A full moon in your opposite sign of Scorpio will help you realize that people everywhere are much the same – if not quite as brilliant as you.

♊ Gemini May 22 - June 21

If a friend asks you to do something you disagree with today you must have the strength to refuse their request. Even if it puts a strain on your relationship in the short term, in the long term they will admit it was the right thing to do.

♋ Cancer June 22 - July 23

The best way to make the most of the Sun in one of the most positive areas of your chart is to believe that all things are possible. Do what your heart tells you is right today, even if everyone else seems to think it is wrong.

♌ Leo July 24 - Aug. 23

Some may say you are being unduly cautious, and maybe you are, but today's full moon warns this is not a good time to take chances. You know the old saying: "If it's not broke, don't fix it."

♍ Virgo Aug. 24 - Sept. 23

The worst possible thing you can do now is to try to conform to the kind of image you think others have of you. You are who you are for a reason, so forget about what friends and family members expect of you.

♎ Libra Sept. 24 - Oct. 23

This could be a lucky day for you but it could also be the kind of day when what you gain with one hand you squander with the other. If you find you have more cash than you expected put it away for the proverbial rainy day.

♏ Scorpio Oct. 24 - Nov. 22

A few weeks from now you will either look back and marvel at the things you accomplished or look back and regret the things you avoided. Go on, take a chance.

♐ Sagittarius Nov. 23 - Dec. 21

It may appear to others that you are not doing very much but just because you are not active on the outside does not mean you are not active on the inside. On the contrary, that Sagittarius brain of yours is bubbling with new ideas.

♑ Capricorn Dec. 22 - Jan. 20

The pace of life will be hectic over the next few days and the demands others make of you will be tough. Plan ahead sensibly and be ready to say "no" when too much is expected of you.

♒ Aquarius Jan. 21 - Feb. 19

Don't sit back and wait for good things to happen – get out into the world and make them happen. The fact that you feel dissatisfied with your lot means that changes need to be made.

♓ Pisces Feb. 20 - March 20

You have far too much going on in your life and today's full moon will in some way or other shake things up and make you realize you need to cut back on your commitments.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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Of all the beverage containers that weren't recycled, how many were yours?

Last year, Manitobans recycled more beverage containers than ever before. Unfortunately, tons of them still ended up in the landfill, not a blue bin. Even a few containers pile up fast, so recycle your empty cans, bottles, cartons, and juice boxes every time.

